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WELCOME

THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■



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WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Rachel Harrington

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.

Bees for apples

In 2006, Michelle Wearmouth and her husband, Steve, moved to Madison County, and they planted a small apple orchard of eight trees. Unfortunately, after several years of trying, they still couldn't get any apples to grow despite the trees thriving. They called the local extension office and were told that the problem was probably a lack of pollinators.

"My husband started beekeeping by himself at first in 2015 with two hives," Wearmouth recounts. "The first year we had the bees, the apple trees woke up. We collected bushels of apples and cherries. Over the winter, one hive died and one lived that first year. We didn't know what we were doing, so we took a class and joined a beekeeping club in Indianola called Friendly Beekeepers of Iowa. It is an offshoot of Iowa Honey Producers. We found mentors that helped us understand what we were doing right and wrong."

Since getting started, the Wearmouths have also attended two national conferences to learn even more about beekeeping.

The Wearmouths' apiary has grown to 54 hives they keep in groups of 10-15. Their hives are a rainbow of colors and are set near the woods so they have some shelter.

"We make sure the bees have enough stores to survive the winter," Wearmouth shares. "In the fall, we feed them sucrose water or solid sugar on top of their hives. From Aug. 2 onward, the honey the bees make is their own to eat and prepare for winter."

They treat the bees for mites, and, in the winter, they use a thermal camera to check on the bees.

"Beekeeping started as a hobby that was a continual problem-solving challenge," Wearmouth says. "It went from hobby beekeeping to more honey than our friends and family could consume. When we looked at retirement, we didn't want to sit around, so beekeeping became our retirement plan. It forces us to work together and get out into nature. He's good with the bees themselves. I'm good at record keeping and work with sales. Beekeeping gives us both an opportunity to work together at something to which we each can add our talents."

Wearmouth has had a few speaking engagements locally to talk about what they do. The Wearmouths received the award for the best-tasting honey, Bee-wear Honey, at the 2023 Iowa State Fair.

"Our brand name is a play on our name,"



Michelle and Steve Wearmouth's beehives are especially colorful.

Wearmouth says. "We also make hot honey that we call Bee-Wear Hot Honey. It has a nice ring to it."

Wearmouth advises all who may be interested in beekeeping to join a bee club first to learn how to keep bees healthy.

"You will naturally meet mentors there," she says.

She also suggests beginning with at least two hives instead of one in case one is stronger than another.

Bees for self-sufficiency

Megan Haynes began beekeeping four years ago. She has seven hives at home just down the hill from her house and three at Madison County Winery. She began beekeeping because she and her husband were interested in developing a self-sufficient lifestyle.

"We've been trying to garden and can as much produce as we can. Beekeeping seemed like the natural next step," she shares. "It has really grown and become a business."



Michelle and Steve Wearmouth received the award for the best tasting honey, Bee-wear Honey, at the 2023 Iowa State Fair.

FEATURE

When Haynes first started, she found taking a beginners beekeeping class to be beneficial, and she found a mentor there.

"A mentor is very helpful," she adds. "Now I'm mentoring a young man who is homeschooled and is on his beekeeping journey. The first year, the bees are just working on building up. The second year is the hardest. That's when you experience losses. I lost a couple of hives over the winter. Also, mites are the number one killer of bees, and we have to do treatments for them twice a year."

Getting started with beekeeping is relatively simple, even though it is constant maintenance.

"You get your first nucleus colony and equipment, and you just go. The bees expand really fast," she shares. "There's a big beekeeper community in Iowa. Even some people in town will keep a hive or two. Bees don't really need a lot of space. They just need trees, flowers and other plants to forage on within a relatively close radius of their hive."

Haynes recommends using smaller hive boxes for beekeeping because honey is heavy.

"My small box full of honey is probably about 30 pounds," she shares. "I'm taking one super box off my hives to extract it because the bees have filled it up and capped it."

While some beekeepers wait until later in the year to extract honey, Haynes is doing so earlier to make honey sticks for the year.

"I don't extract hives that have brood in it, though," she says. "One five-gallon bucket, 60 pounds of honey, gets me about 5,000 honey sticks. Beeswax has to be manually rendered, and it is a long



Megan Haynes works with her hives.

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process. The wax can be various colors depending on the season.”

Haynes says that, though there are many local hobbyist beekeepers, there aren’t as many big apiaries. There are only a few larger commercial apiaries in the state. She would like to grow her own to 50 hives. Every October, there is a conference for beekeepers, and it is usually held in Iowa.

“They talk about research and best practices,” Haynes shares. “Lots of scholarships for youth come out of there.

“I think that bees are fascinating,” Haynes continues. “They are incredibly clean and will scrub a dirty frame clean before they even think about putting a drop of honey in it. A hive is mostly females. Males exist for mating and are kicked out in the fall.”

Haynes adds that her favorite thing about bees is how calming they are.

“They are almost meditative. Beekeeping is a distraction from the crazy world. They are a lot of work, but they are well worth it.”

Learning and growing

A large field of wildflowers sits on the property that Kyle Hawthorne and his family purchased in 2022. Hawthorne says, when he bought the house and saw the potential of such a beautiful attraction for pollinators, beekeeping piqued his interest.

“I thought it was a good idea,” he says. “I hadn’t thought much about beekeeping before. I found bees fascinating. When I took a beginner beekeeping class, it got me intrigued.”

The class lasted about seven days, roughly one to two hours a session.

“You can find the class led by Jason Foley of Indianola on YouTube. The hardest aspect of beekeeping is probably just trying to learn all you need to know.”

Hawthorne began his beekeeping venture in May 2023. He is now up to 48 hives.

“Bees are great at multiplying themselves. It is almost a part-time job in the summer, averaging eight to 10 hours a week,” he shares. “In the winter, you pack up the bees and put them to bed, and you hope they survive. I was fortunate. I went into winter with 11 hives, and all of them survived.”

Hawthorne says his first two nucleus colonies of bees were Italians, and his second set were Carnis. He also has Iowa hybrid bees.

He builds a lot of his beehive boxes himself and has a connection in Missouri who helps build and wax-dip them.

“It’s perhaps a little more cost effective to build them, though not by much with current lumber prices for a guy like me versus guys that do it for a living,” he says.

His first year of beekeeping only yielded about three mason jars of honey, but he anticipates several hundred pounds of honey from his hives this year.

“I’ve got to leave about 80 pounds for the bees to eat. I can take the rest,” Hawthorne shares. “I plan to give a lot to my family and friends. I might try to sell some.”

Many people may be unaware that bees live only 30-45 days.

“If you see bees out foraging, they are probably on their last one to two weeks of life,” Hawthorne states. “In the summer, the queen needs to lay 1,000 eggs a day to replace her hive. In contrast, a queen bee can live five to seven years. She will lay a different kind of bee in the winter that lives a little bit longer, perhaps a few months, but still won’t make it all



Kyle Hawthorne anticipates getting several hundred pounds of honey from his hives.

winter.”

Hawthorne shares that beekeeping is regional. What works in Iowa won’t necessarily work in North Carolina or Canada. It is also physically demanding.

“It probably isn’t the best hobby for someone with a bad back,” he relates. “My family, particularly my daughter, sometimes helps. I love showing our bees off to people who want to peek inside. I took some to Scout summer camp this year, and the kids got to see a baby bee being born.”

Though many people get nervous about swarming bees in or around their home, Hawthorne encourages the community not to fret.

“Bees are valuable, and keepers are always willing and happy to come remove them,” Hawthorne shares. “Just look up a local beekeeper club, and you’ll find help.” ■

Fun facts about bees

- Any day above 42 degrees, bees take a cleansing flight to relieve themselves.
- Female bees are workers; males are drones.
- Males are evicted in the fall.
- Summer bees live five to six weeks; winter bees live five to six months.
- Bees keep the hive between 90-95 degrees all winter and take turns on the outside of their cluster with the queen kept in the middle.

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REAL ESTATE

By Jennifer Stover

HOME inspections from the seller's side

Often, home inspections focus on the buyer's side of the transaction and items they should look out for during the inspection. However, sellers also need to have good advice from their Realtor during the inspection period. It can be a nerve-wracking position to be in as a homeowner, so here are a few tips to help navigate the process.



1. Trust your Realtor – Your Realtor will help you differentiate between minor and major inspection findings. They will also help you craft a game plan for any repair requests.

2. Allow time – Rushing the home inspector isn't going to do you any favors. You should expect the process to take a minimum of two to four hours, depending on the size of the home. It's generally best for the seller to leave during this time.

3. Fully operational – Make sure that all utilities are on and provide remote controls for any associated equipment such as lights or fans. This will make it easier for the inspector to do their job as quickly as possible.

4. Be prepared – Know which items the inspector is looking for: water damage, roof condition, leaking pipes, HVAC age and functionality. These are big ticket items that pose a safety or health issue.

Maintenance of a home is important and the key to a great home inspection. ■

Information provided by Jennifer Stover, 515-480-3389, Madison County Realty, 65 W. Jefferson St., Winterset, jenniferstover@madisoncountyrealty.com. Licensed in Iowa.

AUTOMOTIVE

By Dawn Lauer

THE IMPORTANCE of preventative maintenance

Have you ever heard the expression, "An ounce of prevention is worth a pound of cure"? It really just means it is better and easier to stop a problem from happening than to stop or correct it after it has started. And no truer statement could be said about properly maintaining your vehicle. Just like your six-month dental visits or annual checkups, you should be routinely checking in on your car's health.



Preventative maintenance is repair work that is done on a routine basis to keep your vehicle running in optimal condition. The most common form of preventive maintenance is an oil change, but there are many others you might not realize, including fluid flushes, filter replacements, belt replacements, brake inspections and tire rotations. Your owner's manual will provide you with a maintenance schedule for your specific make and model. Or you can visit www.carcare.org to create an account that can generate a service schedule for you and even send reminders to your inbox.

It can be tempting to ignore any type of maintenance unless something goes wrong, but keeping up with preventative maintenance can help prevent costly repairs in the future and save you money in the long run, while also ensuring your vehicle is safe, dependable, and stays on the road longer. ■

Information provided by Dawn Lauer, marketing specialist, Quality Car Care, 1012 N. 10th St., Winterset, 515-462-1035.

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Have you ever had one of those months? The water heater stops heating, the dishwasher stops washing, and your family ends up on a first-name basis with the nurse at urgent care. Then, as you're driving to work, you see smoke coming from under your hood.

Bad things happen to the best of us, and sometimes it seems like they come in waves. That's when an emergency cash fund can come in handy.

One survey found that nearly 25% of Americans have no emergency savings. Another survey found that 40% of Americans said they wouldn't be able to comfortably handle an unexpected \$1,000 expense.^{1,2}

How much money? How large should an emergency fund be? There is no "one-size-fits-all" answer. The ideal amount may depend on your financial situation and lifestyle. For example, if you own a home or have dependents, you may be more likely to face financial emergencies. And, if a job loss affects your income, you may need emergency funds for months.

Coming up with cash. If saving several months of income seems unreasonable, don't despair. Start with a more modest goal, such as saving \$1,000, and build your savings a bit at a time. Consider setting up automatic monthly transfers into the fund. Once your savings begin to build, you may be tempted to use the money in the account for something other than an emergency. Try to avoid that. Instead, budget and prepare separately for bigger expenses you know are coming.

Where do I put it? Many people open traditional savings accounts to hold emergency funds. They typically offer modest rates of return. The Federal Deposit Insurance Corporation (FDIC) insures bank accounts for up to \$250,000 per depositor, per institution, in principal and interest.³

Others turn to money market accounts or money market funds in emergencies. While money market accounts are savings accounts, money market funds are considered low-risk securities. Money market funds are not backed by any government institution, which means they can lose money. Depending on your particular goals and the amount you have saved, some combination of lower-risk investments may be your best choice.

Money held in money market funds is not insured or guaranteed by the FDIC or any other government agency. Money market funds seek to preserve the value of your investment at \$1 a share. However, it is possible to lose money by investing in a money market fund.⁴

Money market mutual funds are sold by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money.

The only thing you can know about unexpected expenses is that they're coming. Having an emergency fund may help to alleviate stress and worry that can come with them. If you lack emergency savings now, consider taking steps to create a cushion for the future. ■



1. MarketWatch.com, 2020. 2. Bankrate.com, 2021. 3. FDIC.gov, 2022. 4. Investopedia.com, 2021. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG Suite is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright FMG Suite.



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BEAUTY

By Annie Wiseman

EXTEND the lash

Eyelash extensions have gained significant popularity as a beauty enhancement method, providing a dramatic and voluminous look to natural lashes. Unlike traditional false eyelashes, which are applied in strips, eyelash extensions are individually glued to each natural lash, offering a more natural, longer-lasting effect. This meticulous process, typically performed by a trained technician, involves selecting the appropriate length, curl and thickness of the extensions to complement the client's desired look.



The appeal of eyelash extensions lies in their ability to eliminate the need for daily mascara application, saving time in one's beauty routine while ensuring that lashes appear full and defined at all times. They are particularly beneficial for individuals with sparse or short natural lashes, as extensions can create a more pronounced and flattering eye appearance.

However, maintaining eyelash extensions requires careful attention. Clients must avoid oil-based makeup removers and products, as these can weaken the adhesive bond. Regular in-fills are necessary every two to four weeks to replace extensions that have naturally fallen out with the shedding of natural lashes.

While generally safe, there are potential risks such as allergic reactions to the adhesive or damage to natural lashes if extensions are applied improperly. Thus, it is crucial to seek services from certified professionals to minimize any adverse effects and ensure optimal results. ■

Information provided by Annie Wiseman, owner of Salon 107 and a licensed cosmetologist with 25 years of experience. 107 John Wayne Drive, Winterset, 515-462-4247, salon107style@gmail.com.

HEALTH

By Dr. Amanda Queck

3 REASONS to have your spine checked before school starts

It's back-to-school time, which means it's time to start shifting gears from leisurely days at the pool and family vacations back to early bedtimes and stable routines. On top of that, there are the stressors involved with buying the right supplies and coordinating meals and snacks. Amid all the chaos, making sure to visit your chiropractor is probably the last thing on your mind. But here are three major reasons a visit to your chiropractor should be a top priority.



1. Your chiropractor's main focus is on your nervous system. A balanced nervous system means better adaptability to stress, a healthier immune response, and an enhanced ability to focus and take on new challenges.

2. The start of school is the kickoff to many fall sports and activities. Chiropractic care has been shown to benefit in a faster recovery time and continual care can help prevent injury.

3. Working on tablets and Chromebooks and spending time texting in between class periods has led us to a new epidemic that chiropractors have labeled "tech neck." Poor posture can lead to other health challenges that chiropractors help with on a regular basis.

So, if you have already planned your chiropractic adjustment, great. If you have not, consider chiropractic care for your family. ■

Information provided by Dr. Amanda Queck, D.C. Flourish Chiropractic & Wellness, 108 W. Court Ave., Winterset, 515-384-0360, www.flourishchiro.life.

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Dr. Amanda Queck

REGAINING trust

Have you been hurt deeply? Has someone close to you broken your trust in them?

Turn to God for help. Remember His constant presence and that He is always near to the brokenhearted, providing comfort and reassurance. Remember His purpose and plan for living and that He is always trustworthy. Remember His provision and that He is always faithful. Remember His unwavering love for you. Remember His patience and that He is always merciful and compassionate.

If you are a follower of Christ, consider how you should respond. Do not repay evil for evil. Pursue peace while seeking to protect yourself from bitterness. Remember that God's calling in Christ has not changed. Deal honestly with your own sin. Wrestle with loving your enemies, do good to those who hate you, blessing those who curse you, and praying for those who spitefully use you. Follow biblical guidelines for resolving conflict as outlined in Matthew 18:15-17. Remember that forgiveness is instant, but rebuilding trust is a process. Commit to pleasing God by believing and following Him.

Have you broken someone's trust? Have you hurt someone so profoundly that you fear they can never trust you again?

The first thing you must do is confess your sin to God. He already knows what you've done, but you must seek His forgiveness. Ephesians



1:7 tells us that, "in Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace." Wow! Isn't that amazing? If we are His child, He forgives us. Next, we need to ask the person we have hurt for forgiveness. Be open and honest, and clearly state what you've done wrong. This requires humility. Do not try to justify or defend your behavior. This crucial step makes you, and you alone, responsible and accountable for your actions.

Finally, and this is where the "rubber meets the road," you must repent and actively show that you will not break this person's trust again. In Matthew 3:8, Jesus tells His disciples to "bear fruit in keeping with repentance" and that the "fruit" they produce should reflect their hearts. A clean heart, one that is seeking the Lord, will produce good fruit.

Repentance means "to turn around and go in the opposite direction." This is when a thief becomes generous. An angry person becomes loving and kind. It's a 180-degree change of the inward person (heart) and the outward person (actions). This type of transformation, not just of our actions, but of our heart, is only possible through the working of the Holy Spirit in a believer.

Whether you need to regain someone's trust or you need to trust someone again, trust first in Him, for He is trustworthy. ■

Information provided by Jaysson Gurwell, pastor of Redeemer Church, 515-480-7034.

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A ROLL CALL not to be missed

Group of bakers show appreciation to emergency response personnel.

Mark Morgan spent many years serving as a police officer, and he recalls that each shift started with “roll call,” which was a rundown of the information the officers needed to know for the shift. Although the information was helpful, it wasn’t necessarily something the officers enjoyed. But nowadays, Morgan has put the term “roll call” to a new use at Grace Baptist Church in Winterset.

When Morgan asked the congregation if anyone would be willing to help make homemade baked goodies to give to local emergency response personnel, Renee Simmons spoke up.

“At the end of the meeting, I went up to him and said, ‘Mark, I’ve been doing that for years,’ ” Simmons says. “I go three or four times a year.”

So, Simmons and Morgan started recruiting other members of the church who would be willing to help spread the program.

“We decided to do it the first Monday of every month,” Simmons says.



Penny Brown, Renee Simmons, Tonya Hakes, Jan Jagger and Beverly Dillinger.

“We have several women that love to bake as a hobby, and I can’t think of a better way of gaining the trust of a cop than filling his stomach with pastries,” Morgan says.

The group of bakers agreed to name this effort “Roll Call,” he says.

The basic premise is to give homemade pastries, rolls, cookies and so on to the county’s emergency service personnel.

Five of the bakers — Penny Brown, Renee Simmons, Tonya Hakes, Jan Jagger and Beverly Dillinger — recently gathered to share their story. Others who help include Marilou Harryman, Diane Knutson, Gabby Pinter, Shawna Thompson, Janice Ogletree and Peggy German.

The group has settled on a monthly rotation. The first month, the goodies were given to local EMS personnel. The second month, recipients will be law enforcement (the sheriff’s department and police department). The third month, recipients will be the firefighters, and then the rotation will start over again. So once each quarter, each group will get a tasty gift.

“We provide them with a variety of different pastries that our ladies have put together, just to show our appreciation for taking care of us and keeping us safe,” Morgan says.

In the interest of investigative journalism, this reporter agreed to sample the baked goods. After repeated sampling, including a large take-home box, it can be confidently reported that the items are outstanding and highly addicting. There can be little doubt that the area’s first responders will enjoy the treats from the Grace Baptist Church “Roll Call.”

Morgan said Roll Call is only one of the many community support efforts that the congregation undertakes, but he’s heard especially positive feedback from law enforcement personnel regarding the church’s Roll Call.

“It’s nice to have people do something uplifting. I know that it’s widely appreciated, as I went out to talk with the sheriff and the police chief and those people. They really do appreciate what these ladies have done,” Morgan says. “The end result is, we want these people to know we’re here, and, if they ever need help, we’re here to help them in whatever we can do for them.” ■



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UNDERSTANDING flood insurance

What homeowners need to know

Many homeowners are surprised to learn that their standard homeowners insurance policy does not cover flood damage. With extreme weather events becoming more common, understanding the need for flood insurance is crucial. This article aims to clarify why flood insurance is necessary, especially for those in flood zones, and how it can be beneficial even for those outside these areas.



Flood insurance and homeowners policies

A standard homeowners policy typically covers damage from events like fire, windstorms and theft. However, it explicitly excludes damage caused by flooding. Flooding can result from heavy rains, storm surges, blocked drainage systems, and rapid snowmelt, among other causes. Given the significant financial impact flooding can have on a home, lacking proper insurance coverage could lead to devastating losses.

Mandatory flood insurance in flood zones

If you live in a high-risk flood zone, also known as a Special Flood Hazard Area (SFHA), flood insurance is not just recommended; it is often required. Mortgage lenders for properties in these zones typically mandate flood insurance as a condition of the loan. The Federal Emergency Management Agency (FEMA) designates these zones, which are prone to frequent flooding, making the risk of damage much higher.

The National Flood Insurance Program (NFIP)

The National Flood Insurance Program (NFIP), managed by FEMA, is the primary source of flood insurance for homeowners in high-risk areas. The NFIP offers policies covering both the structure of the home and its contents. Premiums are based on factors like the property's flood risk, the age of the building, and its elevation.

Flood insurance outside of flood zones

Even if you are not in a designated flood zone, flood insurance can still be a wise investment. Nearly 25% of flood insurance claims come from properties located outside high-risk areas. Flooding can happen almost anywhere, and being prepared can save homeowners from significant financial strain. Private insurers, in addition to the NFIP, offer flood insurance policies that can be tailored to meet the needs of homeowners in lower-risk areas.

Protecting your investment

Flood insurance provides peace of mind and financial protection. With coverage, you can repair or rebuild your home and replace personal belongings without bearing the entire cost out of pocket. The cost of flood insurance is relatively low compared to the potential expense of flood damage repairs, making it a smart addition to any homeowner's financial planning. ■

Information provided by Eric Johnson, Johnson Insurance, 224 E. Highway 92, Suite B, Winterset, 515-462-4553.

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WINTERS HU

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Creston Community	Winterset High School
Sep 6	7:00PM	ADM CSD	ADM High School
Sep 13	7:30PM	Carlisle	Carlisle High School
Sep 20	7:00PM	Atlantic	Winterset High School
Sep 27	7:00PM	Norwalk	Winterset High School
Oct 4	7:00PM	Glenwood	Glenwood High School
Oct 11	7:00PM	Lewis Central	Winterset High School
Oct 18	7:00PM	Dallas Center-Grimes	Winterset High School
Oct 25	7:00PM	Council Bluffs	Gale Wickersham Athletic Complex

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Sep 2	5:00PM	Creston Community	Creston High School
Sep 9	6:00PM	ADM CSD	Winterset High School
Sep 16	6:00PM	Carlisle	Winterset High School
Sep 23	6:00PM	Atlantic	Atlantic High School
Sep 30	6:00PM	Norwalk	Norwalk High School
Oct 7	6:00PM	Glenwood	Winterset High School
Oct 14	5:30PM	Lewis Central	Lewis Central HS
Oct 21	6:00PM	Dallas Center-Grimes	DCG Stadium

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Multiple Schools	Winterset High School
Aug 29	7:15PM	Atlantic	Atlantic High School
Aug 31	8:00AM	Bondurant-Farrar	Bondurant-Farrar High School
Sep 3	7:15PM	Carroll	Carroll High School
Sep 5	7:15PM	Van Meter	Winterset High School
Sep 10	7:15PM	North Polk	Winterset High School
Sep 14	8:30AM	South Central Calhoun	South Central Calhoun High School
Sep 17	7:15PM	Ballard	Ballard High School
Sep 24	7:15PM	Gilbert	Winterset High School
Sep 28	TBD	Nevada	Nevada High School
Oct 1	7:15PM	Bondurant-Farrar	Bondurant-Farrar High School
Oct 8	7:15PM	Carlisle	Winterset High School
Oct 10	7:15PM	Boone	Boone High School
Oct 17	7:15PM	ADM CSD	Winterset High School
Oct 19	9:00AM	Multiple Schools	Winterset High School

VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 3	4:30PM	Dallas Center-Grimes	Dallas Center-Grimes
Sep 10	5:10PM	Multiple Schools	Lakeview Country Club
Sep 12	5:00PM	Gilbert	ISU Cross Country Course
Sep 16	5:00PM	Ballard	Ballard Golf & Country Club
Sep 26	4:30PM	Indianola	Pickard Park-Indianola
Oct 3	5:00PM	Perry	Perry Golf & Country Club
Oct 10	4:30PM	Atlantic CSD	Nishna Hills Golf Club



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Madison County Farmers Market

Saturdays through October, 8 a.m. to noon

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Enjoy shopping for fresh fruits and vegetables, baked goods, honey, homemade soaps and lotions, handmade craft items and more. Check the Facebook page for any updates, www.facebook.com/madisoncofarmersmarket.



Youth fishing

Tuesday, Aug. 20, 6-7:30 p.m.
Cedar Lake

Join Madison County Conservation for Youth Fishing. Kids of all ages are welcome. Bring your pole or borrow one (supplies limited). Bait is provided. All kids must be accompanied by a licensed adult. Fishing licenses are required for anyone age 16 and older.

A Community Discussion: Pathways to a Sustainable Future

Aug. 10, 3-5 p.m.

3116 Clanton Creek Road, East Peru

This third discussion out of four features Molly Hanson. A facilitated discussion will focus on the “water” section of the series. Hike to nearby Clanton Creek boat access and/or to the constructed wetlands following the discussion. Discussion No. 4 on “Air” is Aug. 24, 3-5 p.m. For more information, email Jessie, jlowry@madisoncounty.iowa.gov.

Adel Sweet Corn Festival

Aug. 10

Downtown Adel

www.adelpartners.org

Corn is one of the many things Iowa is known for. What better way to celebrate it than the all-day Adel Sweet Corn Festival featuring entertainment for the whole family from 7:30 a.m. to midnight.

Ingersoll Live

Aug. 24, 3-10 p.m.

2300 Ingersoll Ave.,
Des Moines

www.theavenuesdsm.com

Ingersoll’s annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.



Levitt AMP Earlham Music Series

Sunday, Aug. 11, 6 p.m.
Earlham City Park

The final concert of the series features Buckmiller-Schwager Band.

Evening Under the Stars

Saturday, Sept. 14

Pammel Park

Celebrate the beauty of Madison County Parks at the event offered by Madison County Foundation for Environmental Education and Friends of Madison County Conservation. Tickets are available at www.madisoncountyparks.org, by calling 515-250-8274, or by emailing awarnke@madisoncounty.iowa.gov. Cost is \$50 per ticket or \$400 for a table of eight. The evening begins at 5 p.m. with local wine, music by the Lemon Family Band and a silent auction. A catered BBQ dinner by Off the Griddle and Madison County Pork Producers is at 6:30 p.m. and includes homemade cobbler and pie. The live auction rounds out the evening starting at 7:30 p.m.

Unique and handmade items are sought for the auction. Email Jessie at jlowry@madisoncounty.iowa.gov or call 515-462-3536 to donate.

Music at the Winery and Sunday Wine Downs

Various dates

Covered Bridges Winery, 2207 170th Trail, Winterset

Covered Bridges Winery, located four miles north of Winterset on Highway 169, hosts Music at the Winery with music from 6:30-9:30 p.m., generally for a \$5 cover charge. The events are outdoors, weather permitting. Bring lawn chairs or blankets. A food truck is generally available. Aug. 24, Jana West and RetroSpect will be featured. Sept. 14, hear Weary Ramblers (\$10 cover). Sept. 21, Crosswind performs, and, Oct. 5, Velvet Band plays.

Sunday Wine Downs are held from 2-4 p.m. with no cover charge. If you like the music, tip the musician. Music will be outdoors, weather permitting. Bring lawn chairs or blankets. The events are the following dates with musician listed; Aug. 18, Lani; Aug. 25, Looking 4 Luke; Sept. 22, Ryne Doughty (music 4:30-7 p.m.); Sept. 29, Jake Schrod; Oct. 6, Willie Mac; Oct. 20, Days Live Music. Visit Facebook for more details.



World Food and Music Festival

Aug. 23-25

Western Gateway Park,
1205 Locust St., Des Moines
www.dsmpartnership.com/worldfoodandmusicfestival

The award-winning festival brings together two of life’s greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today’s readers choice awards.

Wine and Cider Festival

Aug. 24

Jasper Winery, 2400 George Flagg Parkway,
Des Moines
www.jasperwinery.com

Jasper Winery, located just outside of downtown Des Moines, brings back its Wine and Cider Festival where aficionados can get a taste of Iowa’s grape and apple harvests from more than 20 Iowa wineries and cideries.

EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com



Iowa State Fair

Aug. 8-18

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
www.iowastatefairgrounds.org

World-renowned artists performing at the grandstand, prized farm animals showing their stuff, a giant slide and 82 new mouth-watering foods at every turn. Spanning 10 days and bringing in visitors from all over the state and country, Iowa's state fair is one of the best in the nation.

Moulin Rouge

Aug. 20 - Sept. 1

Des Moines Civic Center,
221 Walnut St., Des Moines
www.desmoinesperformingarts.org

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory. A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment.

Iowa Reptile Show

Aug. 25

205 S. 64th St., Des Moines
www.coldbloodedexpos.com

This is a great opportunity to speak with the reptile breeders in the greater Des Moines area. There will be thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available for attendees to see.



Together Through Sound Music Festival

Sept. 8, 1-10 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com or email info@togetherthroughsound.com. ■

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BUILDING a therapy dog supply

Training, certification provide for more opportunities to engage kids.

The Winterset High School has welcomed a therapy dog for the past 11 years, beginning with a golden retriever named Kiowa, who was owned by Cari Davis. Throughout the past decade, many other dogs have joined the special education and at-risk classrooms, including a black lab named Snoop, a yellow lab named Dodge, and a second golden retriever named Marshall. Three years ago, Davis also began a training program within the district. The program aims to encourage other teachers and their dogs to become certified.

"I have trained dogs since I was a kid in 4-H and have volunteered as a trainer for the Madison County 4-H dog project for the past 14 years. I began by the process of certifying my dog Kiowa so he could volunteer at the Winterset library in the Read to Rover program," Davis says.

The Winterset therapy dogs are frequently greeted in the morning by students, starting off the day with belly scratches and shaking a paw. The therapy dogs are also used as an example

for social lessons. Davis says that therapy dogs are a way to teach empathy, positive behaviors, and life lessons.

"I love to hear 'puppy!' when we walk down the hallway. I love to hear people tell stories of their own dogs. I love to make quick connections with kids. Dogs seem to calm their nerves when they are overwhelmed, and it happens so much faster when a dog is there," Davis says.

Davis has trained four therapy dogs, is currently an evaluator for Therapy Dogs International, and provides optional free training for teachers in the district. A yearly dog training course will continue to be offered to those teachers who meet the requirements and want to certify their dog to work with people in the therapy field.

Therapy dogs also visit summer school sessions, and, during the summer, students are able to sign up on the public library webpage to read to the dogs on the last Saturday of the month. In recent years, Davis has also



A student spends time with a therapy dog.

seen an increase in 4-H dog participants for those interested in learning more about dogs, behaviors and animal medicine.

"It would be great if children pursued careers in animal-related fields and we were a small part of that. Students often adapt their own views of how pets fit into their lives and can be used to manage stress and recharge our batteries. Being better pet owners can transfer to being reliable on the job and better regulated with our families and community," Davis says. ■

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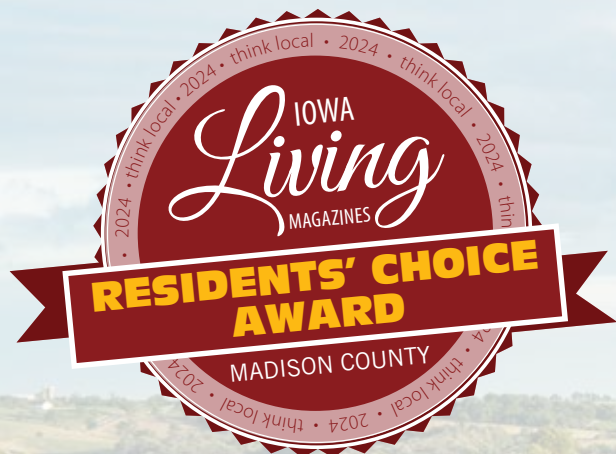
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Make your voice be heard and cast your votes in the 2024 Madison County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Winterset November edition. You can vote in one or every category, or anywhere in between.

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See rules and vote at www.iowalivingmagazines.com/residentspoll.
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- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Brewery/Distillery/Winery
- Server/Bartender

AUTO BODY

- Auto Service
- Auto Body Shop

COMMUNITY

- Preschool/Daycare
- Park
- Community Festival or Event
- Church
- Pastor
- Place for a Field Trip
- Picnic Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Florist
- Home Improvement Retail Store
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Summer Camp
- Camping Spot

HEALTH/BEAUTY

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- Dental Office
- Chiropractor
- Health Club or Gym
- Doctor
- Pharmacy

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- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Painting Company
- Home Builder
- Home Improvement Contractor
- Accounting Firm

TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](https://www.SuccessRice.com). ■

Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken



tenders, turning basket halfway during cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.

Grilled Hawaiian chicken and coconut rice

Prep time: 5 minutes, plus 4 hours for marinating
Cook time: 15 minutes
Servings: 4

- 4 chicken breasts, skinless and boneless
- 1/2 cup soy sauce
- 1/2 cup water
- 1/2 teaspoon sesame oil
- 1/2 cup brown sugar
- 1 garlic clove, minced
- 1/4 cup white onion, chopped
- 1 bag Success Basmati Rice
- 2 cups coconut milk
- 4 pineapple rings
- 1/4 cup unsweetened coconut, shredded

DIRECTIONS

- In 1-gallon bag, combine chicken with soy sauce, water, sesame oil, brown sugar, garlic and onion. Marinate in refrigerator about 4 hours.
- Heat grill to medium heat.
- Prepare rice according to package directions, replacing 2 cups water with coconut milk.
- Once finished marinating, remove chicken and pat dry. Grill about 7 minutes per side, or until internal temperature reaches 165 F.
- Pat pineapple rings dry and grill about 1 minute per side.
- Mix shredded coconut with rice. Place pineapples on top of chicken and serve with rice.



RIDE to live, live to ride

Marsh enjoys his classics

David Marsh can't pass up a good ride.

His 1998 Harley-Davidson Heritage Springer motorcycle, for example, isn't just any bike; it's a limited edition, 95th anniversary model, number 1,158 out of 3,000 made. Everything about it is special, including the story of how he got it.

"My wife, Randi, has a trike, and we were going to go to a biker bar in Illinois called 'Poopy's,'" Marsh says. "But hers needed to be fixed, so we took it to Indianola. When we got there, they already all knew me and knew I wasn't happy. I wanted to go to Poopy's. Well, Ruby (the 1998 Harley-Davidson) was sitting on the showroom floor there, and the people there told me to go take it for a ride."

Surprisingly, Marsh declined initially. But it wasn't because he didn't like the bike. Quite the opposite, actually.

"I told them no because I knew, if I rode it, I would want to buy it," he says.

But take it for a ride he did. And sure to his word, he bought it.

Marsh has taken Ruby as far south as

Arkansas and the other direction to North Dakota. Those tires have graced many miles of empty highway. But now, at age 67, things have changed for Marsh.

"I'm getting kind of old to ride a lot anymore, so we're putting her up for sale," he says. "We'll still have the trike."

As for four-wheeled vehicles, Marsh remains true to his love of all things classic as the proud owner of a 1966 Chrysler Imperial two-door hardtop, having obtained it a couple of years ago.

The couple took Ruby down to Fayetteville, Arkansas, a few years ago for Bike, Blues and BBQ and realized that they weren't the only ones who loved and appreciated it.

"The guy at the bar looked up and said, 'You park your bike right there. My job is to watch bikes so nobody messes with them, and I want it right in front of me and sitting right here,'" Marsh recalls.

Time has had an effect on both Marsh and the bike, however. Long rides are a thing of the past, and, because of that very reason, both the



David Marsh is the proud owner of a 1998 Harley-Davidson Heritage Springer motorcycle, a limited edition 95th anniversary model No. 1,158 out of 3,000.

bike and the car may have new owners soon.

"Ruby, she's 26 years old, and she's gotten a little rough riding, and I kind of hurt when I get off of her anymore, so it's time," he says. ■

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FRIENDSHIPS near and far

Winterset Friendship Exchange creates lasting connections.

Through a year-long exchange program, students from Winterset get to build relationships with peers in Japan.

The Winterset Friendship Exchange, which has been established for many years, connects six kids from the community with pen pals overseas.

The 2024 participants from Winterset are Nicholas Brakhane, Mackenzie Maier, Aubrey Sheridan, Owen Sheridan, Kenna Sullivan and Alexander Wolfe. This summer, the young ambassadors will host students from Japan for 10 days. During that time, they'll explore Winterset, visit iconic landmarks such as the Covered Bridges of Madison County, and join for activities like cooking classes, outdoor adventures and community service projects. The group also plans to take outings to Adventureland, the State Capitol, Pammel Park and more.

Next summer, the six students from Winterset will travel to join their new-found friends in Japan. They've been working to raise money for the trip, including through initiatives like bake sales, community events and a pancake breakfast at the American Legion.

One of the Winterset students, Aubrey Sheridan, was inspired to join the Winterset Friendship Exchange because of her grandfather, who is interested in Japanese culture. So far, she's most enjoyed how much she has learned about the culture.

"I get to experience meeting kids from Japan, and I get to make new friendships," Sheridan says. "Overall, this whole program is a great experience. I am overly excited about every part of going to Japan and them coming here."

Fellow student Owen Sheridan joined the program because he thought it would be fun to travel abroad and meet new people.

"I have learned a lot about Japan that I would have never known," he says. "I can't wait to try their food and learn their culture."

Likewise, Kenna Sullivan was inspired to participate in the Winterset Friendship Exchange to learn more about a different country.

"I have enjoyed emailing with my Japanese student, Fumi, to learn about her," Sullivan says. "I am looking forward to showing Fumi my house, farm animals, American food and around Winterset."



Six students have been corresponding with Japanese students and look forward to hosting them during a visit to the U.S. They will then travel to Japan to further the friendships.

Nicholas Brakhane is looking forward to visiting Japan next summer and seeing the differences between Madison County and Minami Alps, as well as how Japan's culture and customs differ from his own.

"I have tried some of their candy, and it was different and not what I expected for texture and flavor," he shares. "Their written language is very different than ours. I am excited about trying new foods and how their foods connect with their culture and excited to cook for my student when he is here."

Alexander Wolfe feels he's learned a lot about fundraising through being involved with the Winterset Friendship Exchange.

"It has been very helpful, and I have been having fun doing it," he says.

He's also eager to show the Japanese students around Madison County. Wolfe has even learned a bit of the Japanese language to better communicate with his friend from Japan.

"I am looking forward to seeing how they like our things and compare it to what they are used to in Japan," he says.

Those interested can donate to the students through Venmo (@WintersetFriendshipExchange), Paypal or by mailing a check to Union State Bank, C/O Winterset Friendship Exchange, 611 IA-92, Winterset, IA 50273. ■

FACTORS related to cognitive issues

Are you noticing that your memory is not quite what it used to be? Forgetting your daughter's birthday, your dentist appointment or even possibly your evening medications? Many seniors worry about the early signs of Alzheimer's without realizing that some cognitive issues can mean more general health problems such as dehydration or even thyroid issues. A thyroid that is low functioning can be experienced as general fatigue or slowed cognition. Overconsumption of alcohol or not getting enough daily fluids affects the brain. It's important to get to the root cause of what may be affecting your ability to remember or think clearly. Medicare allows for a screening which should be included in your yearly checkup.

Certain medications can cause memory issues, and your primary care physician may want to do a medication review to make sure. You will want to mention all medications including over the counter and even natural remedies. Lack of quality sleep directly impacts the brain and its functions. If you are waking up multiple times a night, having a difficult time falling asleep and notice a decrease in your cognition, this should be mentioned to your doctor. Simple adjustments may make a difference without the addition of another medication.



Cutting down on caffeine, getting daily exercise, making sure you have a safe and comfortable sleep environment can all directly impact sleep health.

If you have been feeling low with a lack of motivation and not able to participate in the things that used to bring you joy, depression may be setting in. Depression can physically alter the brain, which has a direct impact on attention, memory and processing. Protect your brain and your memory by including physical activity and social connections in your daily routine. Look to your diet and how you can increase foods such as berries, fish and dark, leafy greens, which have shown to support brain health. There are supplements on the market such as zinc, vitamin B, vitamin E and magnesium that boost brain health as well. Make sure to speak to your doctor before starting any new dietary regimen.

Another way to keep the mind sharp is word puzzles and even watching Jeopardy. Reading improves memory and slows cognitive decline. How about an outing to the local library? Trying something new such as different foods, social activities, yoga or even going to a different coffee shop or restaurant engages the brain. ■

Information provided by Autumn Davis, administrator, Azria Health, Winterset, 515-462-1711.

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OPEN House

The Cottage on Court held an open house on July 10.



The chamber held a ribbon cutting for The Cottage on Court July 10.



Lukas Fountas and Kayla Hawkins



Danelle Vizcarra and Shari Bush



Roger and Cris Queck



Jody Smith and Maria Forgy



Kris Miler and Jill Myers



Melissa Shahan, Janelle Goemaat and Melissa Bentley



Amanda and Lance Queck



Jane and Ray Dawson



Jon Stetzel and Susan McDonald



JoAnn and Bob Walser

OUT & ABOUT



Lori Nordstrom and Maryssa McMurry at the Chamber coffee June 28 at Redeemer Church.



Paige Barnett and Karin Holder at the Chamber coffee June 28 at Redeemer Church.



Misty McMurry and Heather Stancil at the Chamber coffee June 28 at Redeemer Church.



Norma Marshall and Katelynn Makus at the Madison County Fair July 19.



Ashton McKeever and Autumn Davis at the Madison County Fair July 19.



Tara Kasen and Paul Meyer at the Chamber coffee June 28 at Redeemer Church.



Brian Downes and Jeff Newman at the Madison County Fair July 19.



Michaela O'Grady, Benson Devereaux and Tami Garrison at the Madison County Fair July 19.



Calvin Benge at the Madison County Fair July 19.



Angie Daniels and Renee Whitlow at The Cottage on Court open house on July 10.



Jane Dawson and Lisa Beaman at The Cottage on Court open house on July 10.



Pam Chipp and Emeri Anderson at the Madison County Fair July 19.

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